

## Medical Weight Management Nutrition Guide

Nutrition Questions: 617-732-8884

Scheduling Needs: 617-525-3597

**Message us through patient gateway!**  
[www.patientgateway.org](http://www.patientgateway.org)

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This book is designed to help you, your family, and your friends understand how to optimize your health while managing your weight. We encourage small, sustainable changes to support a long-term healthy lifestyle. We are excited and honored to work with you on this journey.

Contents

What is Medical Weight Management?..... 1

What to know about weight management medications ..... 2

Managing Side Effects..... 3

Habits for Safe and Effective Weight Loss on Medication ..... 4

    1. Eat at least 3-4 times per day. .... 5

    2. Limit ultra processed foods..... 6

    3. Drink at least 64 ounces of water or sugar free fluids per day. .... 9

    4. Aim for at least 80-100 grams of protein daily..... 10

    5. Track your food with a journal or app. .... 14

    6. Have a plan for exercise, including strength training. .... 15

Getting Started with Meal Planning..... 16

    Serving Sizes..... 21

    Easy Meal Ideas ..... 27

Goal Setting & Self-Reflection..... 30

Additional Support

In addition to regular visits with your medical provider and dietitian, there are several other support options available:

- Nutrition Intro Class— an introductory class to review our nutrition guidelines.
- Monthly Nutrition Group— ongoing support groups covering a range of topics.

Contact 617-525-3597 to schedule.

# What is Medical Weight Management?

The medical weight management program is designed to help people lose and maintain weight, improve quality of life, and improve weight related risk factors and diseases. This is supported by a team of medical doctors, nurse practitioners, dietitians and other experts who will provide ongoing care and resources tailored to your needs.

## Lifestyle Modification

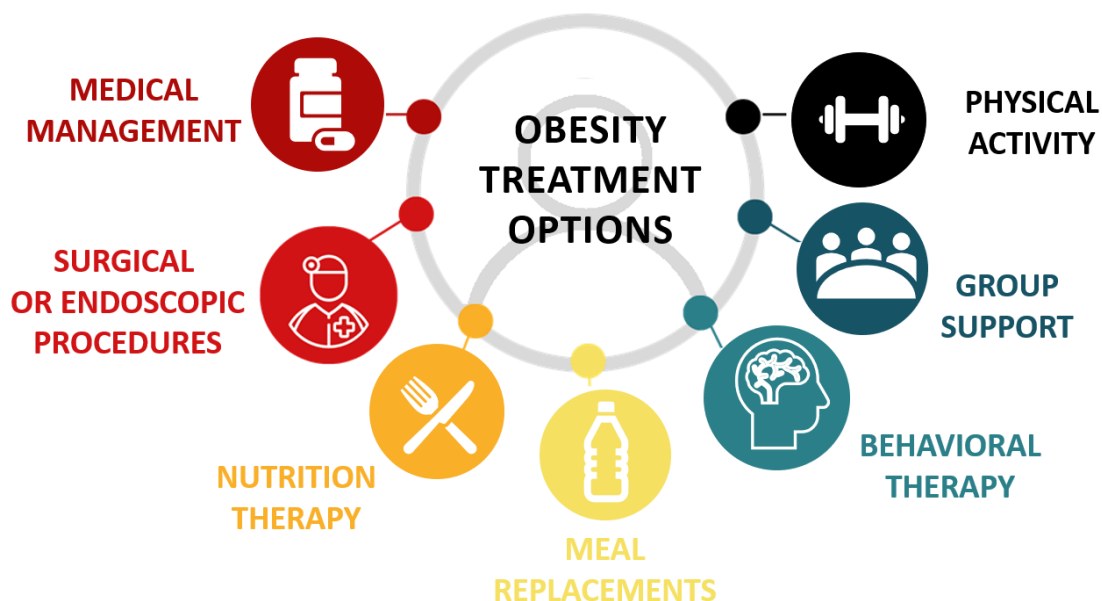
Lifestyle modification is the foundation of medical weight management. It involves making sustainable changes to your eating habits, physical activity, sleep patterns, and stress management to support long-term health and weight loss.

## Prescription Medications

For some individuals, medications can be a helpful tool in weight management. Modern weight management medications work in the body to target the underlying biology of weight regulation. These medications help regulate hunger and fullness signals, helping you feel satisfied with less food. Medications are most effective when paired with lifestyle changes.

## Referral for Surgery (if recommended or you want to learn more)

It's important that we recommend treatment which best aligns with your weight and health goals. In addition to lifestyle modification and medications, we may also recommend a referral for Metabolic Bariatric Surgery or an Endoscopic Weight Management Procedure. Metabolic Bariatric Surgeries are performed using minimally invasive surgical techniques, have been safely used for decades, and offer the best long-term outcomes of any weight management intervention. Endoscopic weight loss procedures are non-surgical procedures that are performed using a flexible tube with a camera (endoscope) inserted through the mouth. Talk to your team if you are interested in learning more.



# What to know about weight management medications

When you meet with your medical provider, they will review your weight goals, medical history, and insurance to determine if medications are appropriate, and, which would be best suited for you. The table below provides an overview of common weight management medications, including the available forms (oral, injectable), how they work, and what to expect. For full details on side effects, risks, and prescribing information, refer to the manufacturer's website or speak with your medical provider.

Medication	Brand Name	Form	Frequency	How It Works
Semaglutide	Ozempic® Wegovy®	Injection	Weekly	<ul style="list-style-type: none"><li>- Improves insulin production and sensitivity</li><li>- Decreases blood glucose (sugar)</li><li>- Slows down stomach emptying to improve fullness</li><li>- Regulates hunger and fullness hormones, helping with cravings, snacking, and portions</li><li>- Direct and indirect cardio-protective effects including lower blood pressure, reduced inflammation, lower triglycerides and cholesterol. Especially Wegovy® which is FDA approved for cardiovascular disease.</li><li>- May protect kidneys from injury and chronic disease</li><li>- Zepbound® is FDA approved to treat sleep apnea</li></ul>
	Rybelsus®	Oral	Daily	
Tirzepatide	Mounjaro® Zepbound®	Injection	Weekly	
Dulaglutide	Trulicity®			
Liraglutide	Victoza® Saxenda®	Injection	Daily	
Phentermine	Adipex-P® Lomaira®	Oral	Daily	<ul style="list-style-type: none"><li>- Appetite suppression</li><li>- Increases energy expenditure</li></ul>
Phentermine + topiramate	Qsymia®	Oral	Daily	<ul style="list-style-type: none"><li>- Appetite suppression</li><li>- Increases energy expenditure</li><li>- Reduced cravings</li><li>- Decreases the rewarding effect of food</li><li>- Improved fullness</li></ul>
Bupropion + naltrexone	Contrave®	Oral	Daily	

## Will my insurance cover weight management medications?

- Not all insurance companies cover these medications. We recommend reaching out to your insurance provider to inquire about your coverage before your initial visit.
- If your insurance has coverage and a medication is considered safe for you by our medical team, our team will submit the prior authorization required by insurance.
- There are out of pocket options if your insurance does not cover weight management medications, these can be discussed with your medical provider.

# Managing Side Effects

Side effects can be common with weight management medications. Side effects typically decrease in severity over time, but there are many nutrition strategies that can help minimize these side effects. See below for recommendations as well as warning signs for more serious side effects.

Nausea/ Vomiting	<ul style="list-style-type: none"> <li>- Small, frequent, meals and snacks.</li> <li>- Eat at a slower pace. It helps to put utensils down while chewing a bite and wait to pick them back up until you've finished swallowing.</li> <li>- Stop eating at the first sign of fullness, use smaller bowls/plates if needed.</li> <li>- Avoid large meals, high fat intake, and long durations without eating.</li> <li>- Stay hydrated; dehydration can make nausea worse.</li> <li>- Liquids may be more appealing than solid foods--Protein shakes, smoothies (with a protein source), high protein drinkable yogurt, soups (may add unflavored protein powder)</li> <li>-Adding sour foods to meals may be appealing (lemon juice, pickles, olives). Cold foods that don't have strong smells are also better tolerated.</li> </ul>
Constipation	<ul style="list-style-type: none"> <li>- Increase water intake!</li> <li>- Increase <u>insoluble</u> fiber intake, which promotes bowel movement. See page 7 for fiber sources.</li> <li>- Increase physical activity</li> <li>- Consider a fiber supplement if needed, powdered supplements are most effective</li> </ul>
Diarrhea	<ul style="list-style-type: none"> <li>- Increase <u>soluble</u> fiber intake, which makes stool more firm</li> <li>- Small meals with bland foods. Avoid high fat/sugar intake and spicy foods.</li> <li>- May need electrolytes added to water</li> </ul>
Hair Loss	<p><i>Hair loss is not directly caused by weight management medications but is often a side effect of rapid weight loss. We can promote hair re-growth by:</i></p> <ul style="list-style-type: none"> <li>- Consistently eat enough protein every day</li> <li>- Consider taking a daily multivitamin. Capsule/pill form is preferred; gummy vitamins are not complete and missing essential nutrients.</li> <li>- Talk to your provider about checking bloodwork as low levels of iron, vitamin D, B-12, and zinc may lead to hair thinning and loss.</li> </ul>

## What are some side effects that I need to call my doctor about right away?

- **Signs of an allergic reaction**, like rash; hives; itching; red, swollen, blistered, or peeling skin with or without fever; wheezing; tightness in the chest or throat; trouble breathing, swallowing, or talking; unusual hoarseness; or swelling of the mouth, face, lips, tongue, or throat.
- **Signs of kidney problems** like unable to pass urine, lower back pain, change in how much urine is passed, blood in the urine, or a big weight gain.
- **Signs of gallbladder problems** like pain in the upper right belly area, right shoulder area, or between the shoulder blades; yellow skin or eyes; fever with chills; bloating; or very upset stomach or throwing up.
- **Signs of a pancreas problem** (pancreatitis) like severe stomach pain, back pain, upset stomach or frequent vomiting.
- **Dizziness or passing out. A fast heartbeat. Change in eyesight.**
- **Low blood sugar.** Signs may be dizziness, headache, feeling sleepy or weak, shaking, fast heartbeat, confusion, hunger, or sweating. Call your doctor right away and follow what you have been told to do for low blood sugar. This may include taking glucose tablets, liquid glucose, or some fruit juices.

# Habits for Safe and Effective Weight Loss on Medication

Below are priority skills and habits you can work on to support your weight loss journey. More detail is provided in the next few sections of this book. We will help you during your appointments to meet these goals.

## 1. Eat at least 3-4 times per day.

- Don't rely on hunger as a reminder to eat, create a schedule, aiming to eat every 3-4 hours.
- Eating events can be quick and small—yogurt, string cheese, nuts, a protein shake/bar, etc.
- Stop eating 2-3 hours before bed.

## 2. Limit ultra-processed foods

- Choose whole, unprocessed foods as much as possible; fruits and vegetables (fresh or frozen), whole grains, nuts/seeds, beans/legumes, yogurt, eggs, fish, poultry, and lean red meats.
- Look at nutrition labels to limit added sugars. See page 8 for how to read a nutrition label.
- Limit packaged and processed foods like chips, cookies, pastries, ice cream, breakfast cereals, snack bars. Limit high fat, greasy foods as they can take longer to digest and cause more indigestion.

## 3. Drink at least 64 ounces of water or sugar free fluids per day.

- Even mild dehydration can slow down weight loss and affect appetite and cravings.
- See page 9 for sugar free fluid options and tips for drinking more.

## 4. Aim for at least 80-100 grams of protein daily.

- Aim for 20-30 grams of protein or ~1 palm-sized piece of protein at each meal.
- See page 11 and 21 for protein options.
- Use protein shakes or bars if needed, but no more than one a day.

## 5. Track your food with a journal or app.

- Research shows, people who track their meals can lose up to twice as much weight as people who don't track.
- Tracking helps you be more mindful of eating behaviors and monitor calories and protein.
- How you track doesn't matter—an app, a notebook, etc. For a list of options see page 14.

## 6. Have a plan for exercise, including strength training.

- Find activities you enjoy and aim for 30 minutes per day, 5 times per week.
- We recommend including at least 2 days of strength training or muscle building activity.
- Limit sedentary time by tracking your step count and/or breaking up exercise throughout the day.
- See page 15 for more ideas to help get you started.

## 7. Build your support team.

- Accountability is key. In addition to your appointments, who else can support you along this journey? How can they support you best?
- Ask your dietitian or provider for more information on support groups, educational events, and our private Facebook page.

# 1. Eat at least 3-4 times per day.

Many people who struggle with weight often have hunger and satiety hormones that are imbalanced, making it difficult to recognize natural hunger and fullness cues. Weight management medications help correct this by strongly suppressing appetite and making you feel fuller sooner. While this leads to eating less, it also makes it easy to forget to eat or not eat enough, so **do not wait for hunger as a reminder to eat**. Aim to eat at regular times throughout the day. This will help keep blood sugar levels stable, reach protein goals, and avoiding overeating later in the day—leading to better and more consistent weight loss.

## Example Eating Schedule



**8am: Breakfast**  
Greek Yogurt + Berries  
+low sugar granola



**12pm: Lunch**  
Turkey + Peppers +  
Hummus + Pretzels



**3pm: Snack**  
Protein Shake



**6pm: Dinner**  
Chicken +  
Broccoli + Salad +  
Rice

## Don't feel like eating? Have a quick protein snack!

- String Cheese
- ¼ cup of Nuts
- Slices of Deli Turkey
- Greek Yogurt
- Cottage Cheese
- Hard Boiled Egg
- Turkey Jerkey
- Protein bar (page 12)
- Protein Shake (page 12)

See our [snack list](#) for more ideas.

## Consider Circadian Synced Eating

Circadian synced eating aligns meal timing with your body's natural biological clock. This approach emphasizes eating most of your calories earlier in the day when your metabolism, digestion, and insulin sensitivity are at their peak, while minimizing calorie intake at night when these processes naturally slow down.

Benefits:

- Improved Metabolism: Eating earlier supports better blood sugar regulation and fat metabolism. Especially helpful if you have Type 2 diabetes.
- Enhanced Energy Levels: Proper fueling during active hours optimizes performance and reduces afternoon slumps.
- Better Sleep: Eating less at night prevents disruptions to your circadian rhythm, supporting restorative rest.





## 2. Limit ultra processed foods

Processed foods are often high in added sugars, unhealthy fats, and provide little nutrition benefit. They are less filling than unprocessed, whole foods, which keep you fuller for longer. By focusing on whole or minimally processed foods, you'll nourish your body while better managing your weight.

Aim for 80% of your diet to come from whole and minimally processed foods.

### Whole Foods

*Single ingredients in their whole form.*



Poultry/Meat/Fish



Vegetables



Nuts/Seeds



Eggs



Grains/Starch



Fruits

### Minimally Processed

*Foods that have undergone simple changes but have ingredients you can recognize.*



Tomato Sauce



Oil/Butter



Protein shakes



Fresh Bread



Frozen & Canned Fruit/Vegetables



### Ultra Processed

*Many ingredients including additives, preservatives, flavorings, etc.*



Baked Goods



Snack Bars



Processed Meat



Chips & Snacks



Sweets/Candy

## Processed Foods Do Not Help You Feel Full

### Whole and Minimally Processed

- ✓ Fill you up faster.
- ✓ Have more protein and fiber to keep you full.
- ✓ Lead to fewer cravings over time.

### Ultra Processed Foods

- Take up less space in your stomach, allowing you to eat more.
- Digest faster so you don't stay full.
- Lead to more cravings for salt/sugar/fat.

# Fiber

## Why It's Important

- ✓ Helpful with weight loss.
- ✓ Prevent or decrease constipation and hemorrhoids.
- ✓ Lower blood cholesterol and triglyceride levels.
- ✓ Promote satiety and helps you feel full longer.
- ✓ Lower blood sugar levels.

## Two types of fiber

**Soluble fiber** slows the rate at which carbohydrates are absorbed, helping to avoid blood sugar spikes. It is found in oats, beans, fruits, and seeds. **Insoluble fiber** promotes regularity of bowel movements and decreases constipation. It is found in whole grains, wheat bran, vegetables, and nuts. Your body needs both types of fiber for a healthy digestive system.

## What foods are high in fiber?

Foods with at least 4 grams of fiber or more per serving are considered high-fiber. This includes plant foods such as fruits, vegetables, beans, lentils, nuts, seeds, and 100% whole grain bread, pastas, and cereals. When available, read the *Nutrition Facts* label for the fiber content. Here are some of the highest fiber plant foods:

Aim for 25-35 grams of fiber every day.

Artichokes	1 cup	9.6g
Beans, cooked (navy/black/pinto, etc.)	½ cup	9g
Lentils, cooked	½ cup	7.8g
Brussels sprouts, cooked	1 cup	6.4g
Chickpeas, cooked	½ cup	6.3g
Sweet potato, cooked	1 cup	6.3g
Broccoli, cooked	1 cup	5.2g
Spinach, cooked	1 cup	4.3g
Cabbage, cooked	1 cup	4.1g

Raspberries	1 cup	8g
Blueberries	1 cup	6.2g
Pear	1 medium	5.5g
Apple with skin	Medium	4.8g
Pumpkin Seeds	1 ounce	5.2g
Flax seeds	2 Tbsp	5.6g
Chia Seeds	1 Tbsp	5g
Avocado	½ cup	5g
Bran Cereal	½ cup	14g
Shredded Wheat	1 cup	6.2g

## Ways to add fiber to meals and snacks

- Try a bean pasta like chickpea or lentil.
- Add beans to chilies or soups.
- Mash chickpeas into tuna salad or chicken salad.
- Mix brown lentils into ground beef dishes.
- Mix cauliflower rice with regular rice.
- Add sautéed spinach into egg dishes.
- Add berries to yogurt or smoothies.
- Add a side of raw veggies to a sandwich or snack.
- Mix flax or chia seeds into yogurt or oatmeal.
- Choose starchy veggies (potatoes, squash, peas, etc.) instead of pasta or rice.

## What about Fiber supplements?

Supplements are intended to add to, but not replace, dietary fiber. Dietary fiber sources from food are preferred for flavor, vitamin, mineral and phytonutrient content. Supplements can vary widely, consult with the CWMW team for specific recommendations tailored to your needs.

# Food Label Reading-Shop Smart!

Understanding nutrition labels help you make better food choices. Nutrition labels tell you amounts of nutrients in your foods and drinks and are required on processed and prepared foods such as dairy foods, canned and frozen foods, breads, cereals, pasta, crackers. Nutrition labels are not usually found on single-ingredient foods like raw vegetables and fruits or fresh fish.

## Calories count

Keeping track of calories can help you with weight management. However, the type of calories (from fat, carbohydrates, or protein) can tell you more about a foods' healthfulness.

Nutrition Facts	
About 5 servings per container	
Serving size	3/4 cup (170g)
Amount per serving	
<b>Calories</b>	<b>130</b>
	% Daily Value*
Total Fat 3g	4%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 65mg	3%
Total Carbohydrate 11g	4%
Dietary Fiber <1g	4%
Total Sugars 10g	
Incl. 5g Added Sugars	10%
Protein 14g	28%
Vit. D 0mcg 0%	Calcium 170mg 15%
Iron 0mg 0%	Potas. 220mg 4%

## Check serving size first!

Compare the serving size to how much you will eat or drink. If the serving size is 1 cup, but you eat 2 cups, you're getting twice the calories and nutrients listed.

## Daily values:

5% or less is low.  
20% or more is high.

Choose lower amounts of **saturated fat, trans fat, sodium and added sugars.**

Choose higher amounts of **unsaturated fat, fiber, protein, and vitamins minerals.**

**Other labels** may be on a package to highlight a feature or nutrient of interest.

## fat free

"Free" i.e. sugar free, fat-free... means the food does not contain this nutrient in any significant amount.

## GOOD SOURCE

"Good source of" i.e. fiber... means this food has 10%-19% of the daily value for that nutrient.

## 90% lean

"Lean" i.e. lean turkey ... means this food has 10g or less total fat per ~3 oz serving of meat (poultry, beef, seafood)

### 3. Drink at least 64 ounces of water or sugar free fluids per day.

Drinking enough fluid is essential for weight loss. It helps make it easier for your body to break down fat. It also helps support healthy digestion, reduces water retention, and can help suppress appetite and cravings. We recommend at least of 64 ounces every day for most people.

#### How much is 64 ounces?



#### Tips for Increasing Your Fluid Intake

1. **Start Early:** Begin your day with a glass of water to kick-start hydration.
2. **Carry a Water Bottle:** Keep a reusable water bottle with you to sip throughout the day.
3. **Set Reminders:** Use phone alarms or apps to remind you to drink water regularly.
4. **Use a Straw:** Many people find it easier to drink more when using a straw.
5. **Track Your Intake:** Use a journal or app to monitor how much you're drinking.
6. **Make It a Routine:** Drink a glass of water before or after routine tasks, like brushing your teeth or checking emails.

#### Sugar Free and Low-Calorie Fluids

Having different flavors and types of fluids can help you reach your fluid goals. Any of these options count towards your fluid goal.

- Water
- Sugar free flavor enhancers (Crystal Light, MiO, TrueLemon, etc.)
- Coffee and tea\*
- Broth
- Fruit-flavored water (Hint Water or homemade- see right)
- Sugar-free sports drinks (PowerAde Zero, Propel, Gatorade Zero)

\*Choose low calorie and sugar free options for creamers or sweeteners. Avoid added sugar and full fat cream or milk.

#### Make Your Own Infused Water

**Step 1:** Chop your favorite fresh fruit or use frozen.

**Step 2:** Add to water and let sit for at least 2hrs or overnight in the refrigerator.



**Examples:** lemon & lime, strawberry & lemon, cucumber & mint, blueberry & orange, ginger & lemon, cucumber & dill & mint, etc.

## 4. Aim for at least 80-100 grams of protein daily.

### Why is protein important?

- **Helps you lose fat and preserve lean muscle**— When you're losing weight, your body can break down muscle for energy. Eating enough protein helps prevent muscle loss
- **Keeps you full and satisfied longer**—Protein helps keep you stay fuller for longer by slowing digestion and reducing hunger hormones, which may help with cravings and unplanned snacking.
- **Improves blood sugar levels**—Protein slows the digestion of carbohydrates, preventing big spikes and crashes in blood sugar levels.
- **Helps to keep the weight off**—Muscle burns more calories at rest than fat does, so the more muscle you keep, the easier it is to sustain weight loss long-term.

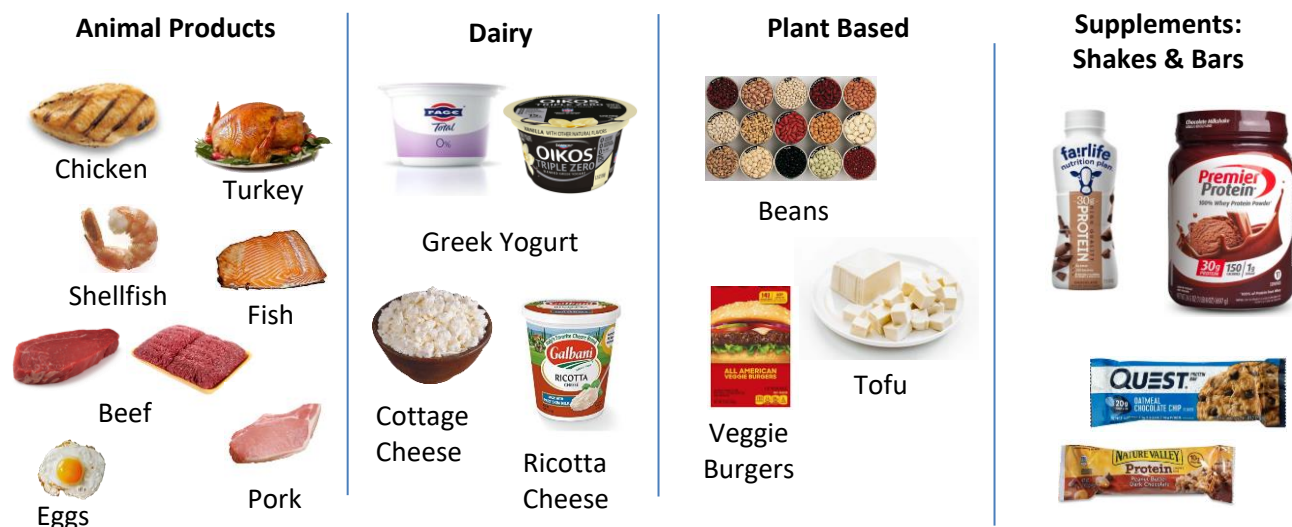
### How much protein should I eat per day?

Aiming for 80-100 grams of protein every day is enough for most people. However, you may need more, or less, depending on your medical history and activity levels. You may need less protein if you had bariatric surgery, have kidney disease, or a history of kidney stones. You may need more protein if you are very active, taller, or recovering from illness or surgery. Ask your dietitian for a customized protein goal.

### Signs you are not getting enough protein:

- Thin hair, brittle nails
- Increased hunger throughout the day
- Decreased blood sugar stability
- Decreased muscle mass
  - Excessive fatigue/weakness
  - More falls and/or fractures
  - Trouble getting in/out of a chair
  - Difficulty completing daily tasks

### High Protein Sources (more options on next page)





# Protein Foods Cheat Sheet

Food	Amount	Calories	Protein (grams)	How to Use
<b>Protein Shake</b>	1 shake	120-160	<b>15-30 g</b>	As a meal, snack, or sip in between.
<b>Tuna, Solid White in Water*</b>	4 oz (1 can)	120-140	<b>26-29g</b>	Mixed with light mayo or Greek yogurt and add to sandwiches, wraps, on crackers or cucumber.
<b>Lean Beef, cooked (NY Strip, Filet Mignon, Top Sirloin)</b>	3 ounces	180	<b>27g</b>	Broiled, grilled, stir-fried, or air fried.
<b>Chicken Breast, cooked</b>	3 ounces	130	<b>26 g</b>	On top of salads, in stir-fry, mixed with pasta or rice dishes, in a wrap or sandwich.
<b>Ground Beef, 90% lean, cooked</b>	3 ounces	200	<b>24 g</b>	Tacos, chili's, meatballs, meatloaf, burgers. Cook with eggs to make a breakfast scramble.
<b>Pork Tenderloin</b>	3 oz	145	<b>24g</b>	Baked, grilled, or air fried.
<b>Ground Turkey, 93% lean, cooked</b>	3 ounces	170	<b>23g</b>	Tacos, chili's, meatballs, meatloaf, burgers. Cook with eggs to make a breakfast scramble.
<b>Chicken Thigh/Drumstick-skinless, cooked</b>	3 ounces	150	<b>21g</b>	Baked, grilled, or air fried.
<b>Greek Yogurt*</b>	1 container (5-6oz)	90-140	<b>12-20g</b>	As a breakfast or snack with fruit, nuts, and/or low sugar granola. Use plain as a substitute for sour cream or mayonnaise or make a dip.
<b>Shrimp, peeled, cooked</b>	3 ounces	90	<b>20g</b>	Add to salads, stir fries, tacos, or in pasta dishes.
<b>Fish (cod, haddock, snapper)</b>	3 ounces	90	<b>19g</b>	Baked, grilled, poached, or air fried.
<b>Deli Turkey/Ham*</b>	3 ounces	90	<b>19g</b>	Rolled up with a pickle or string cheese. In a wrap or sandwich or in lettuce leaf.
<b>Salmon</b>	3 ounces	120-175	<b>18-21g</b>	Baked, grilled, poached or air fried. Wild caught has fewer calories and more protein.
<b>Smoked Salmon (lox)</b>	3 ounces	110	<b>18g</b>	Add to eggs, enjoy on crackers or cucumbers.
<b>Cottage Cheese, 1%</b>	1/2 cup	80	<b>14 g</b>	Topped with fruit. As a savory bowl with veggies. Heated in a bowl with pizza toppings (sauce, peppers, pepperoni). Mixed into scrambled eggs.
<b>Chicken Sausage*</b>	1 link	110-160	<b>12-14g</b>	Great grilled or stir-fried.
<b>High Protein Milk (Fairlife)</b>	1 cup	80	<b>13g</b>	Use in a latte or in coffee. Mix with low sugar granola or oatmeal. Enjoy as a drink.
<b>Jerky- Zero Sugar, Beef/Turkey*</b>	1 ounce	70	<b>13g</b>	Great as a snack or a quick meal on the go.
<b>Egg Whites</b>	1/2 cup	70	<b>13 g</b>	Scrambled, omelets, or "egg bites".
<b>Eggs, Large Whole</b>	2 eggs	155	<b>12 g</b>	Scrambled, omelets, hard boiled, poached, baked in a muffin tin- aka "egg bites".
<b>Tofu, Extra Firm</b>	3 ounces	95	<b>11g</b>	Chop into cubes, add your favorite sauce or seasoning and bake, air fry, grill, or sauté.
<b>Edamame, Shelled</b>	½ cup	100	<b>10g</b>	Sprinkle onto salads or add to a stir fry.
<b>Beans/Lentils, Canned (Black, Kidney, Garbanzo, Pinto, etc.)</b>	1/2 cup	120	<b>7 g</b>	Mix in salads, tacos, pasta sauce. Mash chickpeas in with tuna or chicken salad. Mix lentils into marinara or Bolognese. Make into burgers.
<b>Peanut Butter</b>	2 Tbsp	190	<b>7g</b>	Spread on apple slices or celery sticks.
<b>Mixed Nuts</b>	¼ cup	210	<b>7g</b>	Great as a snack.
<b>Cheese*</b>	1 ounce	90-110	<b>7g</b>	Great as a snack or use as a condiment.

\*Protein varies by brand and fat content, with lower fat usually being lower calorie. Check labels for exact amount.

# Protein Supplements

Protein shakes and bars can be used to supplement your diet when you are unable to reach your protein goals with food alone or you need a quick option on the go. **Avoid having more than 1 per day unless advised by your provider or dietitian.**

## Protein Shakes

Find protein shakes in grocery stores, local pharmacies and online. See full shopping guide [here](#). Look for sales on company websites and in weekly grocery ads. Powders are usually cheaper per serving than ready-to-drink options.

### Each protein shake / powder should have:

- ✓ Between 100-200 calories    ✓ 15g or more protein    ✓ 7g or less added sugar

#### Suitable for lactose intolerance:

Ensure [Max\\*](#), [Plant Protein Shake](#), [High Protein\\*](#)  
[Fairlife Nutrition Plan\\*](#) OR [Core Power\\*](#)  
[GNC Lean Shake 25\\*](#) Ready-To-Drink  
[Orgain Plant Based](#) Ready-to-drink  
[Isopure Zero Carb\\*](#) Powders  
[Premier plant protein](#) Powder  
[Muscle Milk "Zero" or "Genuine"](#) Ready-to-drink

#### Contains lactose:

[Premier Protein\\*](#) Ready-to-drink OR Powder  
[Muscle Milk](#) "Genuine" powder  
[Pure Protein](#) Ready-to-Drink or [Powder](#)  
[BOOST Max\\*](#) (*not regular BOOST*)  
[Quest\\*](#) Ready-To-Drink  
[Slim Fast High Protein\\*](#) Ready-to-drink only  
[Syntrax Matrix](#) Powders

*\* Certified Gluten Free- Please note, "cookies and cream" flavor protein shakes are not gluten free*

## Protein Bars

The calorie and sugar content of protein bars can vary greatly, be sure to check nutrition labels carefully. Some bars add fiber and sugar alcohols for texture, they will be listed on the nutrition label and/or ingredients. You may need to avoid these in high amounts if they cause you gastrointestinal distress.

### Each protein bar should have:

- ✓ Less than 200 calories    ✓ 10g or more protein    ✓ 5g or less added sugar

- |              |                |                            |
|--------------|----------------|----------------------------|
| • Barebells  | • Quest        | • Nature Valley Protein    |
| • RX Bar     | • Think!       | • Fiber One Protein        |
| • Built Bars | • Pure Protein | • Atkins Low Carb Meal Bar |

# What does 100 grams of protein in a day look like?



## Breakfast

2 eggs + 1 cup spinach  
= 12 grams protein



## AM Snack

Protein Shake  
= 30 grams protein



## Lunch

3oz beef sirloin  
+ stir-fried veggies  
= 27 grams protein



## Dinner

3oz chicken breast + ½ cup broccoli  
+ ½ cup salad + ¼ cup rice  
= 26 grams protein



## PM Snack

1 string cheese + 1 apple  
= 7 grams protein

**Daily Total =  
102 grams protein**



## 5. Track your food with a journal or app.

Food tracking is synonymous with a “food journal.” It is a practice in which you log every food and beverage consumed in a day. **Research shows, people who track lose TWICE as much weight as people who do not.**



### Food Tracking Apps

Food tracking apps have features to highlight calories, macronutrients (protein, fat, carbs) and other very specific nutrient information. The meal plan you will find later in this guide (page 16) provides **1200-1500 calories and 80-100 grams of protein.** These are great goals to get you started with tracking.

Here are some popular apps to choose from, available on Android or iPhone for free:

	<b>Loselt</b> <i>Easy to use. Specialized setting for users on GLP-1 medications.</i>		<b>Cronometer</b> <i>More advanced. Offers highly detailed nutrition information.</i>
	<b>MyFitnessPal</b> <i>One of the largest food databases, including restaurants.</i>		<b>Baritastic</b> <i>Designed specifically for use after bariatric surgery.</i>



### Manual Food Tracking

Tracking your food with pen and paper, a spreadsheet, or the notes app in your phone is another helpful option. This method offers a way to be mindful of what you are eating without being overly focused on number of calories. See page 20 for an example log you can use while following our meal plan.

**A very basic food journal would include at least three things:** 1. Day of the Week, 2. Time of Day, 3. Portions of foods/beverages consumed.



### Other Helpful Information to Track

In addition to the above, here are some other helpful things you might consider tracking depending on your needs and habits:

- Hunger/Fullness Level
- Emotions/feelings/thoughts
- Environment (where you ate and with whom)
- Pace of eating (slow, medium, fast)
- Energy Levels
- Any symptoms or side effects

# 6. Have a plan for exercise, including strength training.

## Benefits of physical activity

It can be challenging to always feel motivated to exercise. Reminding yourself of the benefits and how you feel after you are done, can help you get up and moving. Which of these benefits is most meaningful to you?




- ✓ Helpful with achieving and maintaining weight loss.
  - ✓ Preserves lean muscle mass while promoting fat loss.
  - ✓ Maintains healthy bones and joints.
  - ✓ Helps control appetite.
- ✓ Reduces stress, improves mood, and increases energy levels.
  - ✓ Promotes better sleep.
  - ✓ Prevents or manages certain health conditions.
  - ✓ Improves memory and brain function.
  - ✓ And much more!

## Three types of physical activity

1. **Aerobic or cardiovascular exercise**—benefits your heart and lungs.
2. **Strength training**—increases lean muscle mass, protects bone and joints.
3. **Flexibility exercises**—improves range of motion.

## How much exercise is recommended?

See below for recommendations from the American College of Sports Medicine (ACSM) Physical Activity Guidelines for Americans.

 Aerobic Exercise	 Strength Training	 Flexibility Exercise
150 minutes moderate-intensity = 30 minutes 5 days per week  <i>Examples: swimming, walking, biking, elliptical, rowing, dance, etc.</i>	2 or more days a week  <i>Examples: machines, barbell, free weights, resistance bands</i>	2-3 days per week up to daily  <i>Examples: Stretching, yoga, Pilates</i>

## Getting started with physical activity—Small changes add up!

- Walk with family, friends, or pets
  - Try exercise videos online or at the library
  - Walk or ride a bike for transportation
  - Get off the bus or T one stop early
  - Yard work, gardening, or household chores that require brisk movement
- Turn up the music and dance at home
  - Stretch or do chair exercises while sitting
  - Make homemade weights
  - Walk down the hall to talk to a coworker

# Getting Started with Meal Planning

## How to Use This Guide

As you move through the guide, each section gets more detailed, so you can decide how much structure and information you need to fit your day-to-day life. Step 1 is the simplest, while step 3 is more complex. You can be successful with weight loss using any of the steps, you don't have to get to step 3. Remember, healthy eating is about balance, flexibility, and creating habits that work for YOU.

## Before you start: Key ingredients for meal planning success.

There are many factors to consider before we can successfully plan our meals. We can't start planning meals if we don't have enough resources for food, or we don't know what a healthy meal even looks like, or we don't know have some basic cooking skills. Are there any areas we can work on first that will help you be more successful with planning?

### Selecting Meals/Recipes

- *Do you know what a balanced meal looks like?*
- *Do you know which foods have protein and how much you need?*
- *Where do you find inspiration for new meals?*

### Buying the ingredients

- *Do you have enough access/money for healthy food?*
- *Do you go to the grocery store consistently?*
- *What do you look for on the nutrition label?*

### Preparing the meal

- *Are you comfortable following a recipe?*
- *Do you have access to a kitchen and cooking equipment?*
- *How much time do you want or have to spend cooking?*

## Meal Planning is a Skill

Meal planning isn't something you master overnight—it's a skill you build over time, like learning to play a sport or instrument. Small wins build confidence and set the foundation for bigger changes later on.

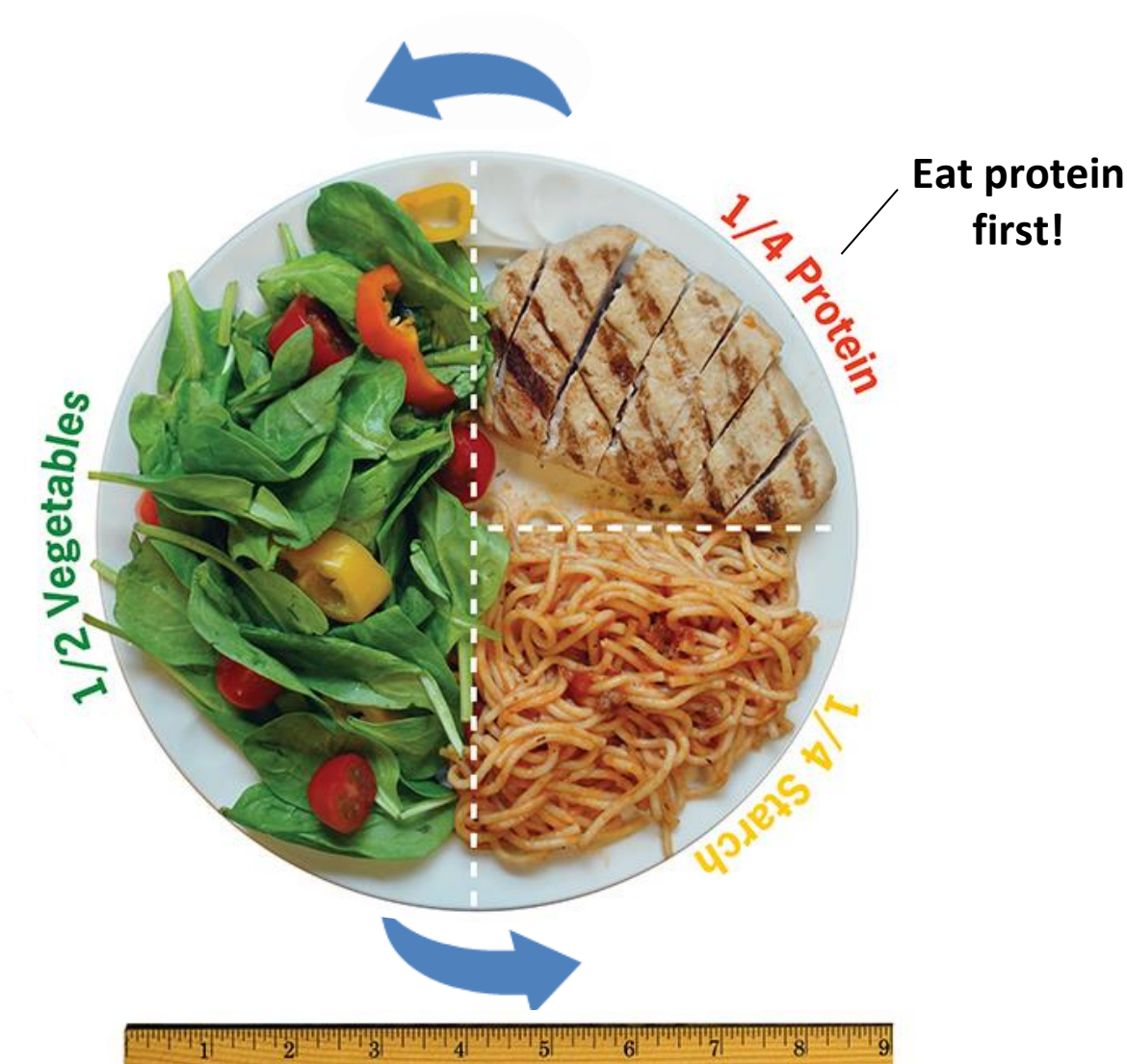
Here are some examples of how to apply the next few sections into small goals you can get started with:

- Use the Plate Method when ordering out on Friday.
- Plan 2 dinners using the meal template or find a new recipe to try.
- Get to the grocery store once per week.
- Create a schedule for meals and snack times.
- Plan healthy snacks for work.
- Look at the menu ahead and plan a more protein and veggie filled dish.
- Use the hand portions to start reducing your portion of starch at meals.
- Aim to get 1 vegetable in at dinner 3 times per week.



## Step 1: Start Simple with the Plate Method

The Plate Method focuses on portion balance, which is key to getting the nutrients your body needs without having to count calories. It's an easy way to learn how to structure your meals to fuel your body and support your goals. It's simple, flexible, and works for any meal—at home, eating out, or even at a buffet or holiday party.










































### Here's how to divide your plate:

- **½ Vegetables:** Fill half your plate with colorful, non-starchy vegetables like leafy greens, broccoli, peppers, or zucchini.
- **¼ Protein:** Add a palm-sized piece of lean protein source like chicken, turkey, fish, tofu, beans, or eggs. Protein is the most important, eat this first in case you get too full to finish your meal.
- **¼ Starch or Whole Grains:** Choose nutrient-dense options like brown rice, quinoa, whole-grain bread, or sweet potatoes. These are packed with vitamins, fiber, and volume to keep you fuller longer.

## Step 2: Hand Portion Guide

Once you master the plate method, you can then start to portion each food which will keep your calories in check. Using your hands as a guide allows you to measure portions without a food scale or measuring cups. You can find an expanded list of food and serving sizes starting on page 21.

	Serving Size	Example Foods
<b>Protein</b>	 <b>4 ounces</b> (4 servings)	 Chicken  Turkey  Fish  Eggs  Beef  Pork  Greek Yogurt  Cottage Cheese
<b>Vegetables</b>	 <b>1/2 cup</b> Cooked  <b>1 cup</b> Raw	 Peppers  Broccoli  Carrots  Green Beans  Yellow Squash  Lettuces  Cauliflower  Mushrooms
<b>Fruits</b>	 <b>1 cup</b>	 Apple  Banana  Berries  Melons
<b>Fats</b>	 <b>1 Tbsp</b> Dressings, nut butter, hummus, avocado  <b>1 Tsp</b> Oil, butter, mayo	 Oil/Butter  Nuts  Avocado  Dressings
<b>Starch</b>	 <b>1/2 cup</b> Cooked starch	 Bread  Pasta  Rice  Potatoes  Peas  Corn  Squashes  Oatmeal



## Step 3: Creating a Daily Meal Plan

### 1200-1500 Calorie Meal Plan

Now that you are familiar with the food groups and serving sizes, we can put it all together into a daily meal plan. The box below includes daily targets for each food group, consuming all of the servings listed will provide ~1200-1500 calories per day. A calorie tracking app can also be use alongside this method for even more accurate tracking.

#### Daily Targets:

10-12 protein servings ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

3-4 vegetable servings ☐ ☐ ☐ ☐

2 fruit servings ☐ ☐

1-2 dairy servings ☐ ☐





3 fat servings ☐ ☐ ☐

3 starch servings ☐ ☐ ☐

**Tip:** Check off one box per serving ☒. You might eat more than one serving per meal. See example below.

### Meal Template and Example Day

This is an example of what a day could look like if you eat all the servings from the list above. You can use the meal breakdown as a template and plan your own meals/snacks. Just pick and choose what you like from each food group. You can also use the food log on the next page along with this template or create your own template to follow.

Breakfast	Lunch	Snack	Dinner
2 protein <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> 1 vegetable <input checked="" type="checkbox"/> 1 fruit <input checked="" type="checkbox"/> 1 starch <input checked="" type="checkbox"/> ↓	4 protein <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> 1 non-starchy veg <input checked="" type="checkbox"/> 1 fat <input checked="" type="checkbox"/> 1 starch <input checked="" type="checkbox"/> ↓	1 fat <input checked="" type="checkbox"/> 1 fruit <input checked="" type="checkbox"/> 1 dairy <input checked="" type="checkbox"/> ↓	4 protein <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> 2 non-starchy veg <input checked="" type="checkbox"/> 1 fat <input checked="" type="checkbox"/> 1 starch <input checked="" type="checkbox"/> ↓
 <p>2 eggs ½ cup spinach 1 orange 1 slice whole grain bread</p>	 <p>4 oz deli turkey 1 cup carrots &amp; peppers 2 tbsp hummus 1 oz pretzels</p>	 <p>2 tbsp sliced almonds 1 cup raspberries 1 cup non-fat yogurt</p>	 <p>4 oz chicken 1 cup broccoli (2 servs) 1 tsp butter ½ cup potato</p>

## 1200-1500 Calorie Weekly Food Log

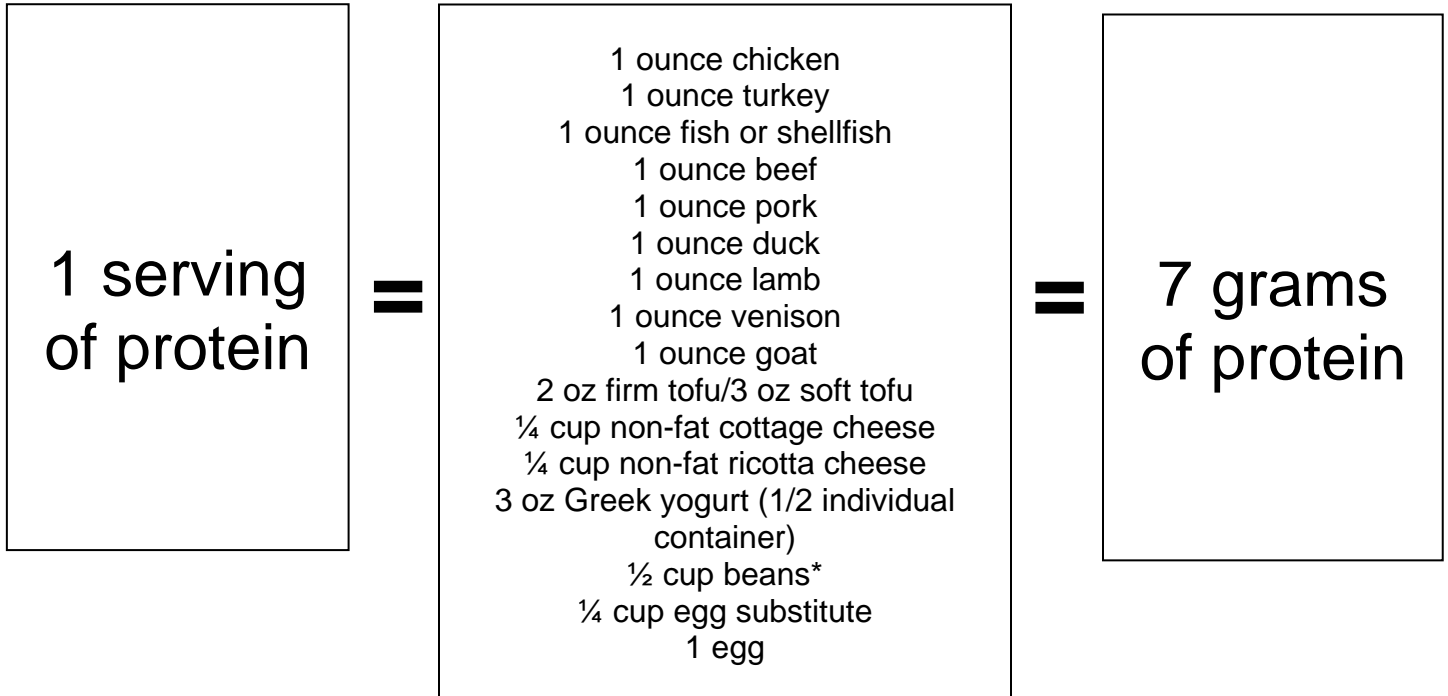
Use this food log along with the serving and portion guide to keep track of your daily diet or plan your meals.

		Breakfast	Lunch	Snack	Dinner
Monday	10-12 protein servings <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> 3-4 vegetable servings <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> 2 fruit servings <input type="checkbox"/> <input type="checkbox"/> 1-2 dairy servings <input type="checkbox"/> <input type="checkbox"/> 3 fat servings <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> 3 starch servings <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>				
Tuesday	10-12 protein servings <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> 3-4 vegetable servings <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> 2 fruit servings <input type="checkbox"/> <input type="checkbox"/> 1-2 dairy servings <input type="checkbox"/> <input type="checkbox"/> 3 fat servings <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> 3 starch servings <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>				
Wednesday	10-12 protein servings <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> 3-4 vegetable servings <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> 2 fruit servings <input type="checkbox"/> <input type="checkbox"/> 1-2 dairy servings <input type="checkbox"/> <input type="checkbox"/> 3 fat servings <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> 3 starch servings <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>				
Thursday	10-12 protein servings <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> 3-4 vegetable servings <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> 2 fruit servings <input type="checkbox"/> <input type="checkbox"/> 1-2 dairy servings <input type="checkbox"/> <input type="checkbox"/> 3 fat servings <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> 3 starch servings <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>				
Friday	10-12 protein servings <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> 3-4 vegetable servings <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> 2 fruit servings <input type="checkbox"/> <input type="checkbox"/> 1-2 dairy servings <input type="checkbox"/> <input type="checkbox"/> 3 fat servings <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> 3 starch servings <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>				
Saturday	10-12 protein servings <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> 3-4 vegetable servings <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> 2 fruit servings <input type="checkbox"/> <input type="checkbox"/> 1-2 dairy servings <input type="checkbox"/> <input type="checkbox"/> 3 fat servings <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> 3 starch servings <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>				
Sunday	10-12 protein servings <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> 3-4 vegetable servings <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> 2 fruit servings <input type="checkbox"/> <input type="checkbox"/> 1-2 dairy servings <input type="checkbox"/> <input type="checkbox"/> 3 fat servings <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> 3 starch servings <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>				

# Serving Sizes

## Protein Foods

Each protein food contains 7 grams of protein per serving. You may eat multiple servings at a time.



*\*1/2 cup beans is equal to 1 protein serving + 1 starch serving*

1 ounce or 1 serving = about 7 grams of protein  
2 ounces or 2 servings = about 14 grams of protein  
3 ounces or 3 servings = about 21 grams of protein

- Choose lower fat protein foods (like skinless chicken breast, 99% fat free ground turkey).
- Limit red meat (beef, lamb, pork, goat,).
- Processed meats can increase a person's risk of colorectal and stomach cancer. Processed meats include hot dogs, pepperoni, salami, chorizo, sausages, corned beef, ham, bacon, pastrami, and any other meats that have been cured, smoked, salted or treated with any chemical preservatives. The dietitian can provide you with more information about processed meats.

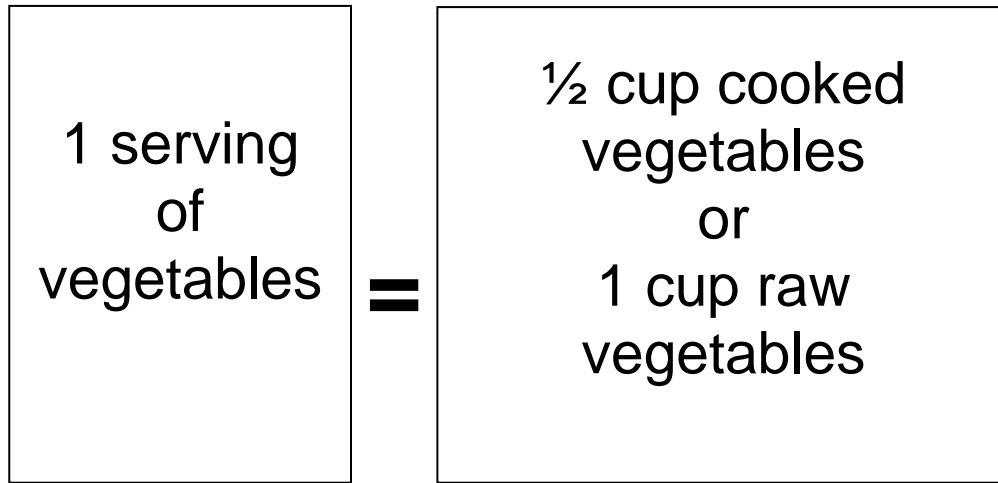
**Aim to eat 10-12 protein servings every day  
(which is about 100 g of protein daily)!**



## Non-Starchy Vegetables

Each vegetable serving contains 5 grams or less of carbohydrates and 2-3 grams of fiber per serving.

*Fresh and frozen vegetables are ready to eat! Rinse canned vegetables to remove some salt.*



### Examples of non-starchy vegetables:

Artichoke Asparagus Beets Broccoli Brussels Sprouts Cabbage Carrots Cauliflower Celery Chayote Cucumber Eggplant Endive	Green beans Jicama Kale Kohlrabi Lettuce Mushrooms Mustard greens Okra Onions Peppers (bell and spicy) Prickly Pear (Nopal cactus) Radishes Rutabaga	Salad Greens Sauerkraut Scallion/chive Spinach Sprouts Snap Peas Summer Squash Tomato Turnips Water Chestnuts West Indian Pumpkin (auyama) Zucchini
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**Starchy vegetables:** corn, peas, potatoes, plantains, yuca (manioc/cassava), winter squash  
are on the [Starches List](#) (page 29).

**Aim for at least 3-4 servings of  
non-starchy vegetables every day!**

## Fruits

Each fruit serving contains 15 grams of carbohydrates and 2 or more grams of fiber.

Use fresh, frozen or canned fruits with no sugar added.

Eat fruit in its whole form instead of blending or juicing. Whole fruit will fill you up more!

### Fresh, Frozen, & Unsweetened Canned Fruit

Apple (2 in. across).....	1 apple
Applesauce (unsweetened) .....	½ cup
Apricots (canned).....	½ cup or 4 halves
Apricots (medium, fresh).....	4 apricots
Banana (8 in. long).....	½ banana
Blackberries .....	¾ cup
Blueberries .....	¾ cup
Breadfruit .....	¼ cup
Cantaloupe .....	1 cup cubes
Cherries (canned).....	½ cup
Cherries (fresh).....	12 cherries
Chico fruit (like kiwi).....	½ chico fruit
Figs (fresh).....	2 figs
Grapefruit (medium).....	½ grapefruit
Grapefruit (segments).....	¾ cup
Grapes .....	15 grapes
Honeydew melon .....	1 cup cubes
Guava, guayaba.....	½ cup
Kiwi .....	1 kiwi
Mamey .....	2/3 cup
Nance fruit (cherry like) .....	1 cup, pitted
Mandarin oranges.....	¾ cup
Mango .....	½ mango
Nectarine (2 ½ in. across).....	1 nectarine
Orange (2 ½ in. across).....	1 orange
Papaya.....	1 cup
Passion fruit .....	1/3 cup pulp
Peach (fresh).....	1 peach or ¾ cup
Peaches (canned).....	½ cup (2 halves)
Pear (fresh).....	½ large or 1 small
Pears (canned).....	½ cup or 2 halves
Persimmon .....	2 persimmons
Pineapple (canned).....	1/3 cup
Pineapple (fresh).....	¾ cup
Plantain and green banana .....	½ a plantain or ¾ cup small green banana
Plum .....	2 plums
Pomegranate.....	½ of fruit
Raspberries .....	1 cup
Soursop .....	1/3 cup pulp
Starfruit .....	3 cups cut up
Strawberries (whole).....	1 ¼ cup
Tamarind.....	11-12 raw tamarinds
Tangerine (clementines).....	2 tangerines
Watermelon .....	1 ¼ cup cubes

Every fruit & amount  
listed on this page  
=  
1 serving of fruit

### Dried Fruit (no added sugar)

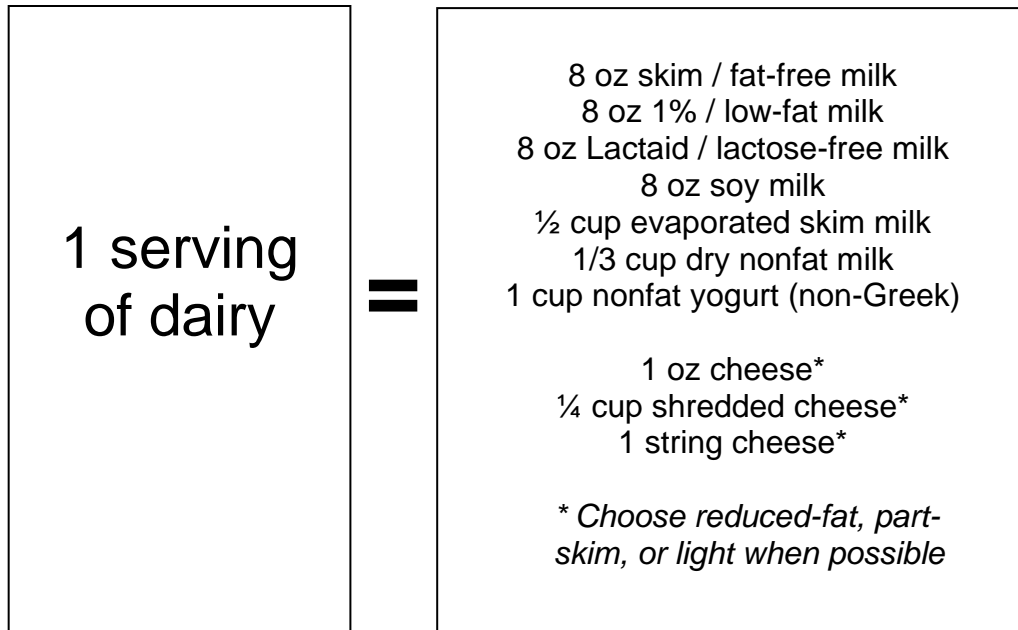
*Serving sizes for dried fruits are small because they are calorie-dense foods.*

Apples.....	4 rings
Apricots.....	7 halves
Dates.....	2 ½ medium
Figs.....	1 ½
Prunes.....	3 medium
Raisins.....	2 Tablespoons
Dried cranberries.....	2 Tablespoons

**Aim for 2 servings of  
fruit every day!**

## Dairy / Non-Dairy Alternatives

Each serving of dairy contains 6-8 grams of protein.  
Choose low sugar option! On a label look for products with less than 5g added sugar per serving.



**Aim for 1-2 serving of  
dairy every day!**

## Fats

Each serving of fat contains 5 grams of fat. *Conversion tip:* 1 Tablespoon = 3 teaspoons

1 serving  
of fat

=

1 teaspoon oils (olive, canola...)  
2 teaspoons of nut butter  
1 teaspoon butter  
1 teaspoon ghee  
2 tablespoons low-fat cream cheese  
1 tablespoon light tub margarine  
1 tablespoon light mayonnaise  
1 teaspoon mayonnaise  
2 tablespoons light salad dressing  
1 tablespoon oil-based dressing  
2 teaspoons creamy salad dressing  
1 tablespoon light creamy dressing  
2 tablespoons of hummus  
2 tablespoons avocado  
2 Tbsp coconut, fresh/shredded  
10 small or 5 large olives  
6 almonds  
2 whole pecans  
10 small peanuts  
2 whole walnuts  
1 tablespoon seeds

**Limit to 2-3 servings of  
fat every day!**

## Starches

Each serving contains 15 grams of carbohydrates.

Every food &  
amount listed on  
this page  
=  
1 serving of starch

### Cooked Beans/Peas/Legumes (also count as 1 protein)

Beans and legumes (kidney, pinto, black, lentils,  
chickpeas, black-eyed peas).....½ cup ♦ ♦  
Baked beans.....¼ cup ♦ ♦

### Breads

Bagel (from cafe).....¼ (1 oz)  
Bagel (pre-packaged, grocery store) ½ (1 oz)  
Bread sticks.....2 (2/3 oz)  
English muffin (whole grain).....½  
Hamburger or hot dog bun.....½ (1 oz)  
Pita, 6 in. (whole grain).....½  
Plain roll, small.....1 (1 oz)  
Bread (whole grain).....1 slice (1 oz)  
Injera bread.....1/3  
Naan (3 oz commercially prepared) 1/3  
Tortilla, 6 in. (whole grain) .....1 ♦  
Sandwich thins/flats (whole grain)....1 ♦ ♦  
Sweet bread (Pan dulce).....½ bread roll

### Cereals/Grains/Pasta

Cold cereals (unsweetened).....¾ cup  
Bran cereals.....1/3 cup ♦ ♦  
Bran cereals (flaked).....½ cup ♦  
Granola.....2 Tbsp  
Shredded wheat.....½ cup ♦  
Barley, cooked.....1/3 cup ♦  
Bulgur (cooked).....½ cup ♦ ♦  
Hot cereals (whole grain, no sugar) ½ cup ♦  
Couscous .....½ cup  
Grits (cooked).....½ cup  
Masa arepa.....¼ cup  
Pasta (whole grain, cooked).....½ cup ♦  
Rice (brown, cooked).....1/3 cup  
Quinoa (cooked).....1/3 cup

**Choose 100% whole grain / whole wheat  
options whenever possible!**

- ♦ good source of fiber  $\geq 2.5$  grams
- ♦ ♦ high source of fiber  $\geq 4$  grams

### Starchy Vegetables

Corn.....½ cup  
Corn on the cob, 6 in. long.....1 ♦  
Green peas.....½ cup ♦  
Plantain.....½ cup  
Potato, baked (medium).....1/2  
Potato, mashed.....½ cup  
Taro, boiled/mashed.....½ cup ♦  
Winter squash (acorn, butternut).....½ cup ♦  
Yam/sweet potato.....1/3 cup ♦

### Crackers and 'Snack Foods

Animal crackers.....8  
Graham crackers (2.5 in. square)....3  
Matzo.....¾ oz  
Melba toast.....5  
Oyster crackers.....24  
Popcorn (popped, 94% fat free).....3 cups ♦ ♦  
Pretzels.....¾ oz  
Rye crisp (2 in. x 3 in.).....4  
Saltine crackers.....6  
Soda crackers.....6  
Wheat Thins.....8  
Triscuits.....4

**Limit to 3 servings of  
starch every day!**

# Easy Meal Ideas

## Breakfast

### Greek Yogurt Bowl

6 oz low-fat Greek yogurt (2 protein) ☒☒  
1 cup raspberries (1 fruit) ☒  
1 tsp each chia seeds, ground flax seeds, sunflower seeds (1 fat) ☒

### English Muffin

1 boiled egg, sliced (1 protein) ☒  
1 whole grain English muffin (2 starch) ☒☒  
1 sliced apple (1 fruit) ☒  
2 tsp peanut butter (1 fat) ☒

### Oatmeal Bowl

1 cup cooked oatmeal (2 starch) ☒☒  
1 cup blueberries (1 fruit) ☒  
3 oz non-fat/low fat Greek yogurt (1 protein) ☒  
2 tsp peanut butter or almond butter (1 fat) ☒

## Lunch

### Salad with Grilled Chicken

4 oz grilled chicken (4 protein) ☒☒☒☒  
2 cups mixed greens (2 vegetable) ☒☒  
2 Tbsp low fat dressing (1 fat) ☒  
½ cup chickpeas (1 starch) ☒

### Tuna Salad

4 oz tuna fish (4 protein) ☒☒☒☒  
1 Tbsp low fat mayonnaise (1 fat) ☒  
½ cup chopped onion + celery (1/2 vegetable)  
2 wasa crackers (1 starch) ☒

### Vegetable Wrap

2 Tbsp hummus (1 fat) ☒  
½ cup chopped carrots + ½ cup chopped spinach (1 vegetable) ☒  
1 6" whole wheat tortilla (1 starch) ☒

### Bean Burrito

½ cup pinto beans (1 starch) ☒  
1 oz reduced fat shredded cheese (1 protein) ☒  
1 Tbsp avocado (1 fat) ☒  
2 Tbsp salsa  
1 6" whole wheat tortilla (1 starch) ☒

## Dinner

### Egg White Omelet

1 cup egg white omelet (4 protein) ☒☒☒☒  
1/2 cup cooked spinach (1 vegetable) ☒  
1 slice whole grain or Ezeikel bread (1 starch) ☒

### Protein Smoothie

1 scoop protein powder (3 protein) ☒☒☒  
½ cup spinach (½ vegetable)  
½ banana (1 fruit) ☒  
2 tsp peanut butter (1 fat) ☒  
8 oz unsweetened almond milk (1 dairy) ☒

### Whole Grain Cereal

¾ cup whole grain cereal (1 starch) ☒  
1 cup sliced strawberries (1 fruit) ☒  
1 cup skim, low fat milk (1 dairy) ☒

### Cottage Cheese Toast

1/2 cup low fat cottage cheese (2 protein) ☒☒  
1 slice whole grain bread (1 starch) ☒  
1 cup cubed cantaloupe (1 fruit) ☒

### Egg Salad

2 hard boiled eggs, mashed up (2 protein) ☒☒  
1 Tbsp low fat mayonnaise (1 fat) ☒  
1 Tbsp mustard  
¼ cup chopped celery, ¼ cup chopped onion (1/2 vegetable)  
2 wasa crackers (1 starch) ☒

### Vegetarian Bowl

1 cup edamame (2 protein) ☒☒  
1 cup chopped kale and 1 cup chopped spinach (2 vegetable) ☒☒  
1/2 cup chopped tomato and 1/2 cup chopped cucumber (1 vegetable) ☒  
2 Tbsp low fat salad dressing (1 fat) ☒

### Cauliflower Rice and Beans

1 cup cooked cauliflower rice (2 vegetable) ☒☒  
1/2 cup black beans (1 starch) ☒  
1 cup chopped celery/peppers/tomato (1 vegetable) ☒  
1 Tbsp avocado (1 fat) ☒  
1/2 cup tortilla strips (1 starch) ☒

### Fish and Vegetables

- 4 oz baked salmon (4 protein) ☒☒☒☒
- 1 cup cooked asparagus (2 vegetable) ☒☒
- 1/3 cup cooked brown rice (1 starch) ☒

### Zpaghetti and Ground Turkey

- 4 oz cooked 93% ground turkey (4 protein) ☒☒☒☒
- 2 cups zucchini noodles (2 vegetable) ☒☒
- 1/2 cup sauteed onions, garlic, peppers (1 vegetable) ☒
- 2 Tbsp tomato sauce

### Steak and Vegetables

- 4 oz lean cut sirloin steak (4 protein) ☒☒☒☒
- 1 cup cooked spinach (2 vegetable) ☒☒
- 1/2 cup baked sweet potato (1 starch) ☒

### Chickpea Pasta

- 4 oz shrimp (4 protein) ☒☒☒☒
- 1/3 cup cooked chickpea pasta (1 starch) ☒
- 1 cup chopped tomatoes (1 vegetable) ☒
- 2 cups raw spinach leaves (2 vegetable) ☒☒
- 2 tsp tahini (1 fat) mixed with 3 oz Greek yogurt (1 protein) for sauce ☒

### Veggie Burger

- 2 vegetable burgers such as Dr. Praeger's (2 protein, 2 starch) ☒☒ + ☒☒
- 2 cups spinach salad (2 vegetable) ☒☒
- 2 tsp olive oil mixed with pepper and salt (2 fat) ☒☒

### Tofu Bowl

- 4 oz tofu such as Nasoya tofu baked (2 protein) ☒☒
- 2 Tbsp hummus (1 fat) ☒
- 1/4 cup low fat feta cheese (1 dairy) ☒
- 1 cup chopped cucumbers and onions (1 vegetable) ☒
- 2 cups chopped kale salad (2 vegetable) ☒☒
- 2 Tbsp low fat salad dressing (1 fat) ☒

### Quinoa Bowl

- 4 oz grilled chicken, sliced (4 protein) ☒☒☒☒
- 1/3 cup cooked quinoa (1 starch) ☒
- 1 cup cooked broccoli (2 vegetable) ☒☒
- 1/2 cup pomegranate seeds (1 fruit) ☒
- 2 Tbsp low fat dressing (1 fat) ☒

### Snacks (sweet)

- 3/4 cup blueberries (1 fruit) ☒ mixed with 2 Tbsp chopped walnuts (1 fat) ☒
- 1/2 cup frozen grapes (1 fruit) ☒ topped with 3 oz plain Greek yogurt (1 protein) ☒, cinnamon, and nutmeg
- 1/2 cup cottage cheese (2 protein) ☒☒ with 1 cup melon (1 fruit) ☒
- 3 oz plain Greek yogurt (1 protein) ☒ with 1 tsp Navitas raw cacao powder or Hershey's cocoa powder (0 g sugar) and 1 Tbsp chia seeds (1 fat) ☒
- 1 Tbsp Navitas raw cacao nibs mixed with 2 Tbsp nuts (1 fat) ☒
- 1 protein shake such as premier protein or orgain (2-4 protein) 15 grams= ☒☒ 30 grams= ☒☒☒☒

### Snacks (savory)

- 2 Wasa crackers (or high fiber cracker >2 g fiber per serving) (1 starch) ☒ and 1 oz cheese (1 dairy) ☒
- 10 Mary's Gone Crackers (1 starch) ☒ with 2 Tbsp bean spread (1 fat) ☒ and 1 cup cucumber slices (1 vegetable) ☒
- 1/2 cup roasted or plain edamame (1 protein) ☒ or chickpeas (1 starch) ☒
- 1 cup sliced raw vegetables (carrots, peppers, cucumber, celery, broccoli, cauliflower) (1 vegetable) ☒ and 2 Tbsp hummus (1 fat) ☒
- 1 oz nuts or seeds (1 fat) ☒
- 1 cup cucumber slices (1 vegetable) ☒ with pepper and pinch salt and 2 oz tofu (1 protein) ☒
- 1 cup baked zucchini or kale chips (2 vegetables) ☒ seasoned with pepper and a pinch salt

# Additional Recipe Resources

**ADA Diabetes Food Hub Recipes Link:** [www.diabetesfoodhub.org](http://www.diabetesfoodhub.org)

- Although this is a diabetes website, these recipes are also beneficial for heart health, weight management, and improving overall nutrition!
- Recommended categories to review: Easy Pantry Recipes, Budget-Friendly
- Utilize search bar to find appealing options to accommodate individual food preferences

**Premier Protein Recipes:** <https://www.premierprotein.com/recipes>

- This is a specific brand but may substitute with your choice of protein shake/powder brand

**American Heart Association Recipes:** <https://recipes.heart.org/>

**Academy of Nutrition and Dietetics Recipes:** <https://www.eatright.org/recipes>

- A slew of all types of healthy recipes from appetizer, soups to dessert

**Skinny Taste** <https://www.skinnytaste.com/>

- Easy to navigate by ingredient, family-friendly ideas

**Budget Bytes** <https://www.budgetbytes.com/>

- Budget friendly recipes

**Better Is the New Perfect** <https://betteristhenewperfect.com/>

- From Elizabeth Ward, MS, RD - registered dietitian

**Eating Well** <https://www.eatingwell.com/>

- Healthy food magazine with great recipes online

**Pinch of Yum** <https://pinchofyum.com/>

- Simple food recipes made by a mom/teacher/author, Lindsay, living in the mid-west

**Karen Mangum** <https://karenmangum.com/recipes/>

- Another registered dietitian, Karen Magnum, RDN, has a list of great recipes for all kinds of occasions and diet styles- includes Asian, Mediterranean, Southwestern, Vegetarian, Bariatric and holidays

**Hungry Girl** <https://www.hungry-girl.com/>

- NY Times best-selling author of her own brand; with a podcast; cookbooks and TV shows

**Lexi's Clean Kitchen** <https://lexiscleankitchen.com/>

- For those with different diet needs like gluten, dairy, egg, or nut free. Paleo, low carb; vegan; vegetarian or whole 30.

**Eating Bird Food** <https://www.eatingbirdfood.com/>

- Developed by a cookbook author and a certified health coach, a group of easy, healthy recipes where you can specify for different dietary needs like vegetarian, vegan, gluten or dairy-free, high protein, kid-friendly

**Food Hero** <https://foodhero.org/recipes/healthy-recipes>

- Healthy recipes, can search for "cooking for one" or "5 ingredients or less"



# Goal Setting & Self-Reflection

This page is designed as a worksheet to help you clarify your goals and consider talking points to bring to your appointment for more discussion.

**State one goal you would like to focus on:**

For example, I aim to eat 1-2 servings of vegetables with my dinner 5x/week.

Or, I aim to go for a walk for 30 minutes 4x/week.

I aim to \_\_\_\_\_ x/week.

**State what motivates you, imagine what your life will be like at your best** (for example, walking up the stairs with ease, more energy to keep up with kids, etc.):

\_\_\_\_\_

**Circle your favorite sources of protein.** Protein helps keep you full and satisfied. It also helps maintain muscle mass, and plays a role in hair, skin, and nail health.

Meats: Chicken, Turkey, Beef, Pork

Seafood: Fish, Shrimp, Lobster, Scallops, Clams

Dairy: Cheese, Cottage cheese, Ricotta Cheese, Yogurt

Eggs

Plant-Based: Tofu, Edamame, Beans, Veggie Burgers

**Circle your favorite high fiber foods.** Fiber also helps keep you full and satisfied. It helps regulate bowel function, blood sugar, and to lower cholesterol levels.

Fruit: Raspberries, Blueberries, Pears, Apples

Non-Starchy Vegetables: Artichokes, Broccoli, Spinach, Cabbage, Brussels Sprouts

Starchy Vegetables: Sweet Potato with skin

Starches: Beans, Lentils, Chickpeas, Bran Cereal, Oats,

Fats: Avocado, Flaxseeds, Pumpkin Seeds

**Questions you want to address at your appointment:**

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